



## Rides Supplement December 2013

### Ashburton Riders Club

**ARC** is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

#### **Schedule of rides:**

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

**Contacts:** Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphijj@au1.ibm.com](mailto:murphijj@au1.ibm.com)

### Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

### Surrey Hills Neighbourhood Centre Group

#### **RIDING IN COMPANY PROGRAM**

##### **Bike Ride in Company - Monday**

Enjoy riding with other bike enthusiasts on different rides each week. Mondays, 8.30am-1pm. Free with SHNC Membership.

##### **Bike Ride in Company - Wednesday**

Enjoy riding with other bike enthusiasts on different rides each week. Wednesdays, 8.30am-1pm. Free with SHNC Membership.

### **Bike Ride - Women on Wheels on Wednesday**

A group that supports women to regain bike riding confidence and skills in a supportive environment. Wednesdays, 9am-12pm. Free with SHNC Membership.

Welcome! We ride every week on Mondays and Wednesdays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria [www.bv.com.au](http://www.bv.com.au) and explore insurance options or join RACV Bike Assist Membership [www.racv.com.au](http://www.racv.com.au)

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: [info@surreyhillssnc.org.au](mailto:info@surreyhillssnc.org.au)

## **Finbar Neighbourhood House Rides**

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## **Hawthorn U3A**

Hawthorn U3A have three riding groups for different standards of riders.

### ***TUESDAY CYCLING GROUP 9.30-1.00 TUESDAY***

#### **Usually commence ride at Sinclair Avenue Campus**

The Tuesday Cycling Group rides weekly 30-50 km. on Melbourne bike paths. Two country rides are arranged each year. Participants must be able to ride at least 50 km.

### ***WEDNESDAY CYCLING GROUP 9:00-12:30 approx***

#### **Start at Sinclair Avenue, unless otherwise arranged**

Group ride for up to 20 participants every Wednesday. For competent cyclists with the ability to ride 60 – 70 kilometres.

### ***MUNARI RIDERS - CYCLING 9.15-3.00 approx. FRIDAY***

#### **Start at SINCLAIR AVENUE CAMPUS Car Park [Melway 59-G6]**

[1] Weekly rides approx. 60 km on Melbourne Bike Paths. [2] Two country weekend riding trips during the year.

*Student prerequisites:* Able to ride 60 km at average speed 18 km/h. Also must have suitable road/hybrid bicycle.

**Note that it is necessary to join the U3A before joining any of these riding groups. See <http://www.u3ahawthorn.org.au/>**

## **Sassafras Ride**

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## Council on the Ageing (COTA) Cycling Group

### Seniors Bike rides in 2013

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is usually chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).

- We generally meet at 10am at the 'Place to meet' (see below). A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short. If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

- Please contact Janet Bennett by e-mail [jfbpgb@bigpond.com](mailto:jfbpgb@bigpond.com) or on 9853 9808 to discuss details. All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Dec 4 <sup>th</sup>	Southbank Footbridge	Short ride	Easy
Dec 11 <sup>th</sup>	Heatherdale station - See Oct 9 <sup>th</sup> details	Heatherdale loop- Mostly bike trails via Croydon Hills, Upper Gully, Jells Park, Shepherds Bush, Bushy Park and Winton wetlands. Bucolic views. 50 km. Rae to lead.	Medium
Dec 18 <sup>th</sup>	Southbank Footbridge	Christmas lunch ride – to be decided somewhere along Bay trail.	Easy

\*is when Janet will be away

### Seniors Bike rides in 2014

We ride 4 Wednesdays each month.

- The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. Ed Biggs and Sylvia Geddes will share responsibilities for choosing the short Rides. One of them will send an email out the day before, based on the weather forecast. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides are more challenging, (50- 70km) and will be lead by various riders in the group.

- We generally meet at 10am at the 'Place to meet' (see below). A coffee stop is found midmorning on the short rides. We take our own lunch and picnic together on the long rides, preferably near a coffee spot. Riders are welcome to join the ride along the way or cut the ride short at any point.

\*\*Coffee is pre-ride at cafes nearby—take earlier train for this.

- If the temperature is 30°C or above on the day, the long rides will be cut short. If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

Please contact Janet Bennett by e-mail [jfbpgb@bigpond.com](mailto:jfbpgb@bigpond.com) or on 9853 9808 to discuss details.

All riders are requested to join (COTA) Ph. 9654 4443 or website [www.cotavic.org.au](http://www.cotavic.org.au). We also recommend that riders consider joining Bicycle Network Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Feb 5 <sup>th</sup>	Southbank footbridge	Short ride	Easy
Feb 12 <sup>th</sup>	Reservoir station MEL 18 G5. Train dep. FS 9.12, arr. 9.48**	<i>(North)Westward Ho.</i> Ride streets and paths to Ring Rd, Jack Roper Reserve and further north to Broadmeadows Park. Down to valley, up the other side to pipe track, Attwood Creek Trail, then down Mickelham Rd to Westmeadows (bakery). Down Moonee Ponds Creek trail. At Park St, choice of MPC to city or Capitol City trail to Fairfield etc. ~50 km. Les to lead.	Med
Feb 19 <sup>th</sup>	Southbank footbridge	Short ride	Easy
Feb 26 <sup>th</sup>	Greensborough Station MEL 20 K2 Train dep. FS 9am and arr. 9.47am	<i>A tour of eastern trails</i> Train to Greensborough station, a quick coffee nearby then down the Plenty river path to the MYT and then upstream towards Westerfolds, and then along the trusty Ruffeys creek track to the Gardiner Creek trail and return to the city ~ 50km. Koonung creek trail will be a shorter option for some people or train is available at Laburnum ~ 30km. Joan Selby-Smith to lead	Med
March 5 <sup>th</sup>	Southbank footbridge	Short ride	Easy
March 12 <sup>th</sup>	Mordialloc Station Mel 92 F1 Train dep. FS 9.13am and arr. 9.55am	<i>New Peninsula link trail.</i> Meet @ Mordialloc Station, ride the Long Beach Trail to Patterson River, then the new Peninsula Trail to Mt Eliza & Baxter/Frankston Trail to Frankston Station ~ 50 K. Will need to take lunch and have a quick coffee in Mordialloc before heading off. Ed to lead.	Med
March 19 <sup>th</sup>	Southbank footbridge	Short ride	Easy
March 26 <sup>th</sup>	Fairfield station MEL 30 K10. Train dep. FS 9.39, arr. 10.04**	<i>Essendon/Niddrie.</i> Streets and Upfield Trail to Ring Rd. Loop through Essendon airport, then Airport West, Essendon Nth (shops) to Steels Ck. and Maribyrnong Trails to city. ~50 km. Les to lead	Med—couple of hills
April 2 <sup>nd</sup>	Southbank footbridge	Short ride (A country ride will be held during this week based in Myrtleford – details to be arranged later)	Easy
April 9 <sup>th</sup>	Werribee Station MEL 205 K8 Train dep. FS 8.59am arr.9.42.	<i>Werribee Station to City</i> via Federation, Skeleton Creek & Bay West trails. With the safe passage now available over the Princes freeway at Williams Landing, this will be completely off road. Distance ~ 50 km. Richard Hawkey will lead this ride.	Med
April 16 <sup>th</sup>	Southbank footbridge	Short ride	Easy
April 23 <sup>rd</sup>	Southbank	<i>Bay ride to Ricketts Point</i> and return. Coffee and lunch	Med

	footbridge	at Ricketts Point. ~ 50km	
April 30 <sup>th</sup>		No ride – possible You Yangs ride with Les if weather OK	
May 7 <sup>th</sup>	Southbank footbridge	Short ride	Easy
May 14 <sup>th</sup>	Diamond Creek Station MEL 12 B6 Train dep. FS 8.40am arr. 9.37am.	<i>Diamond Creek Station to the city</i> – a quick coffee and then along the Diamond Valley Trail and the Main Yarra Trail. ~ 50km.	Med
May 21 <sup>st</sup>	Southbank footbridge	Short ride	Easy
May 28 <sup>th</sup>	Lilydale station MEL 38 D4 Train dep. FS 8.45am arr. 9.37am	<i>Lilydale to Warburton</i> and return ~ 80km. Joan Selby Smith to lead Some people may choose to drive their cars to the start. Coffee will be at Mt Evelyn after the first hill.	Hard
June 4 <sup>th</sup>	Southbank footbridge	Short ride	Easy
June 11 <sup>th</sup>	Southbank footbridge	<i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the city. There will be the option of riding back from Bakery at Westmeadows and avoiding the gravel. Coffee and lunch will be at the bakery. Jacana is a bailout also. ~ 60km or 45km.	Hard with some hills.
June 18 <sup>th</sup>	Southbank footbridge	Short ride	Easy
June 25 <sup>th</sup>	Flinders St. station for 9.32 Craigieburn train or Southbank at 10am	<i>Craigieburn to the city</i> . We will take the train to Craigieburn and return via Galada Tamboure (Hume freeway trail) and Merri creek trail to city or vice versa depending on the wind direction! ~ 45km.	Med

\* Is when Janet is away

## Whitehorse Cyclists Inc

**Last updated 11 October 2013**

[Download the pdf file of Rides from mid November 2013 to end December 2013](#)

You will need to phone the named leader to get details of meeting point.

Note that our interstate, overseas and regional rides are not listed here, as they are open only to members. We encourage you to try out some rides with us to see if the club suits you. If so, read how to [Join!](#)

Download [Free Adobe Reader](#) for reading pdf files.

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter.

### WCI Typical Weekly Ride Profiles

**EASY TUESDAYS:** Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

**MEDIUM TUESDAYS:** Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

**HARD TUESDAYS:** Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

**EASY THURSDAYS:** Similar to Easy Tuesday rides. 30-35km Fortnightly.

**MEDIUM THURSDAYS:** Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch.

**MEDIUM SUNDAYS:** Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm. Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

## Banyule Bicycle User Group—Rides Program

**Rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. For more details contact Leigh 9432 9720 or Les 9435 0615. Note: rides may be varied to suit conditions.**

**EasyPaced Ride:** Sundays 9:00am, half day with short break, byo food/drink. Contact Maurie 9439 1619.

**NightRide:** Wednesdays **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights** - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

**EasyRide:** with the “Latte” Group **Tuesdays and Fridays 9:30am** (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

**HarderRide: Tuesdays and Sundays 9:00am.** BYO morning tea. Program below.

<i>Dec '13</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 1	<i>Blackburn Lake</i> 40 km <a href="#">MAP</a>	Out by Koonung Trail and streets. Return by Mitcham pipe track and streets to Koonung Trail.	Graeme W/ 9435 9687
Tue 3	<b>Festive ride</b> Studley Park.	<b>Combined BUG morning tea/lunch. Bring something yummy to share.</b> Groups ride independently and choose a route aiming to meet at park at about 10:30 am for extended morning tea/lunch. Main Yarra Trail home (12 km).	Alan P/ 9435 9421
Sun 8	<b>Festive ride</b> Studley Park.	<b>Combined BUG morning tea/lunch. Bring something yummy to share.</b> Groups ride independently and choose a route aiming to meet at park at about 10:30 am for extended morning tea/lunch. Main Yarra Trail home (12 km).	John G/ 9439 3884
Tue 10	<i>Caulfield Park</i> 47 km <a href="#">MAP</a>	Out by Anniversary trail, Ferndale Park. Caulfield streets to Caulfield Park. Return by Armidale and Toorak paths and streets to Capital City Trail. (Some gravel paths)	Robert R/ 9439 1078
Tue 10	<b>End Of Year Function – Café 106 Restaurant - 6:30pm (cnr Mountain View &amp; Sherbourne Rds Briar Hill)</b>		
Sun 15	<i>Ruffey Lake</i> 35 km. <a href="#">MAP</a>	Out via Finn's Res. Return by Green Gully Trail, Westerfolds Park. Short H2 on return.	Richard B/ 9459 8648

Tue 17	<i>Caroline Springs</i> 72 km <a href="#">MAP</a>	Ride to Nth Melb Station. Train to Ginifer. Furlong, Carnlie Rd to Kororoit creek path. Streets to Caroline springs. Return by lakes and Western Ring Rd and Derrimut paths to Sunshine station. Train to Nth Melb station and home.	Allen P/ 9457 1694
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### January 2014

Sun 5	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 7	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Sun 12	<i>Diamond Creek</i> 47 km <a href="#">MAP</a>	Out and back by Diamond Valley Trail to Diamond Creek for break.	Lou B/ 9459 6887
Tue 14	<i>Greenvale</i> 75 km <a href="#">MAP</a>	Ring Road, Moonee Ponds Ck Trail, Broadmeadows Valley Trail, Yuroke Ck Trail to break at the reservoir. Somerton Rd to Mickleham Rd, left at Barrymore Rd and Attwood Ck Trail then pipe track to Erinbank Cres and home by route out.	Alan P/ 9435 9421
Sun 19	<i>Wattle Park</i> 35 km <a href="#">MAP</a>	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell.	John Pe/ 9439 1913
Tue 20	<i>Yan Yean Reservoir</i> 79 km <a href="#">MAP</a>	Out by streets to Plenty Rd, bike path and bike lanes. Detour thru Mernda estates. Plenty Rd to break at reservoir. Return by Plenty Rd to Hazel Glen Rd to Doreen. Through estates to Bannons Lane to Hurstbridge. Through estates to Yarrambat. Bannons Lane to Hurstbridge. Home by Hurstbridge Rd and DVT (Train option from Hurstbridge)	Maurie A/ 0409 1060 82
Sun 25	<i>Hedgeley Dene Gardens</i> 47 km <a href="#">MAP</a>	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2).	Graeme W/ 9435 9687
Tue 27	<i>Kororoit Creek Trail</i> 78 km <a href="#">MAP</a>	Out by CCT, Flemington, Yarraville Streets, Federation and Western Ring Rd trails to Kororoit Creek Trail. Home by Western Ring Rd trail, Mascoma St, O'Hea St. Upfield Trail and Thornbury Streets	Allen P/ 9457 1694

## Manningham BUG

Manningham Bicycle Users Group is a group of cyclists who organise rides, campaign for improved facilities for cyclists and generally promote cycling in the area.

We welcome people of all ages and fitness levels, single people, parents, children, and grandparents. We just enjoy the pleasure of cycling, taking in the surrounding views and cafes.

The BUG is not a competitive club, it is a means for cyclists to get together to share their interest. We have social rides most weekends, around Melbourne, some long, some short. Occasionally we have a weekend away for a country ride.

We have a meeting on the 3<sup>rd</sup> Monday of each month at 8pm at the Pancake Parlour, 550 Doncaster Rd.

### RIDE CALENDAR

#### December

#### Sat 7th

Gary and Pams Anniversary ride.

TBA

Gary – 9439 5016

### **Sat 18th**

Annual Fish & Chip ride

Floral Clock, St Kilda rd

Opposite the National Gallery of Vic. Mel: 2F H8

6.30pm Must bring Lights for the return ride.

Harv – 0459 768 392

## **Darebin BUG**

### **Weekday Rides**

Darebin BUG runs two weekday rides of up to 60km on Tuesdays and Thursdays. These are designed for riders who are reasonably fit and have some riding experience. Information about the destination and distance of upcoming weekday rides can be seen on the Darebin BUG Rides Calendar. These rides usually leave from Jika Jika Community Centre, corner of Plant and Union streets, Northcote, at 9.30am.

Contact Norm on 9484 4767 to confirm the start time and location, or if you are uncertain if the ride is suitable for you.

### **Weekend Rides for Beginners**

Families on Bikes (FOB)

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome! Want to ride for fun, exercise and to socialise? Join us on one of our easy rides designed especially for little kids, to one of Melbourne's many child-friendly destinations. Our motto is: No one's too slow; we're always happy to stop for a rest, play, snack, breastfeed or 'til a tantrum is over. Rides take place regularly and generally meet at a Northcote location, though you're always welcome to join us en route. Contact Kathy on 9489 4275, 0410 667 634 or kbrunning@optusnet.com.au.

### **Saturday Port Melbourne Rides**

Weekly rides for those looking for longer, easy rides. Depart from the carpark of Rushall Station, North Fitzroy, at 9.30am and ride to Port Melbourne and back along bike paths, about 20km.

Contact David on 9870 1084

### **Weekend Rides for Experienced Riders**

#### **Saturday Training Rides**

Various rides leaving the Jika Jika Community Centre, corner Plant and Union streets, Northcote, near Westgarth train station, at 9am sharp for four hours maximum (back in time for lunch) for experienced riders. There are different destinations each month, with rides going up to 60km and averaging 20-25kmh.

Contact Yannick on 0438 785 450 or yannickvergou@hotmail.com

### **Sunday Excursions**

DBUG runs monthly rides to various destinations, often with a food or wine element. We might be heading to the beach, the RAAF Museum, the Donnellybrook Cheese Factory, or just exploring Melbourne's bike path network, with distances of up to 60km. Contact the rides coordinator at rides@darebinbug.org.au.

### **Extended trips**

The group runs regular weekends away, usually centred around long weekends such as Easter. Contact rides coordinator Wolter Kuiper on 0404228382 or rides@darebinbug.org.au for details on these rides.



The Rides Committee is looking for people who are interested in arranging and leading a ride, undertaking ride leader training or in gaining leadership experience by co-leading a ride. Contact the rides coordinator at [rides@darebinbug.org.au](mailto:rides@darebinbug.org.au)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this does not cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Last Updated on Thursday, 03 March 2011 04:18

## The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

## MooneeBUG

**Every Tuesday Night:** Join the Tuesday night regulars for the "Cappuccino run" from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

**Friday Bike Rides:** The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501.

## Melbourne Bicycle Touring Club

Rides Calendar at <http://www.mbtc.org.au/club/ride-calendar>

*For information on rides, please contact the Touring Secretary, John Hughes 0402 463 655, or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au).*

**About the Ride Gradings Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at [payments@mbtc.org.au](mailto:payments@mbtc.org.au) or write to them at PO Box 277, Carlton South 3053

## YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>